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City clerk wants 'religious' flags banned at city

The change recommendation comes 'in recognition of our diverse community'

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Philippines SOS

Survivors plead for food, water and medicine in the aftermath of a devastating typhoon that killed an estimated 10,000 and left a city almost completely torn apart

PAGE 6

Caught on CCTV cam

In Day 7 of the TEMP series, Sarah No. 1 makes a shocking revelation to Shannon over bento boxes

PAGE 9

Mustangs look to outpace Dinos

Western is riding high on a 10-0 record as they prepare to battle Calgary in this weekend's Mitchell Bowl

PAGE 20

We won't forget

A poppy proudly displayed on the chest of this London soldier was one of many that dotted downtown as the city marked Remembrance Day **COVERAGE ON PAGE 5**



ANGELA MULLINS/METRO

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Sending out a message

King's students
planning vigil
for Walji family

Students at King's University College are planning a vigil to remember a London family who died in an Oct. 31 murder-suicide.

The vigil — planned for 7 p.m. Tuesday in front of the Cardinal Carter Library on King's campus (266 Epworth Ave.) — is being organized by students in the school's social justice and peace studies program.

Along with remembering the family, students are using the event to speak out about issues facing immigrants.

The Walji family — Mohamed, Shyro, and their daughter, Qyzra — were reportedly facing deportation to their native Tanzania.

They came to Canada more than a decade ago in search of a better life for Qyzra, who had cerebral palsy, friends have said. Qyzra, 21, graduated in June from Oakridge high school.

"We need to send a message to the community that there are people who care," said Courtney Vaughan, a third year social justice student at King's.

"We cannot sit idly by knowing that there are more Walji families who lack the support they need."

King's student Mick Kunze added: "(The Walji family was) in need of refuge and care for their daughter, and while they supported others in their need, in the end, they were neglected."

METRO

Proposal takes on 'religious' flags

Outside city hall.
Council committee
to field idea more than
a year after Christian
flag flap



ANGELA MULLINS
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The city clerk is recommending that flags representing religious organizations be banned from flying outside city hall.

Cathy Saunders will table her proposal during a Tuesday meeting of council's corporate services committee.

The change recommendation comes "in recognition of our diverse community," Saunders said. "We do not want to inadvertently offend anyone."

The proposal has been drafted as an amendment to existing rules regarding use of the community flag pole on Wellington Street across from Victoria Park.

Under the rules, the community flag pole can be used by charitable and non-profit organizations looking to increase public awareness during specific events. Flags representing commercial and political organizations, along with those representing groups who espouse hatred, violence or racism, are already prohibited.

As far as G.J. Rancourt is concerned, the new proposal is ambiguous and opens the city up to a host of questions.

Rancourt, organizer of the local March for Jesus and founder of the Christian Herit-



A Canadian flag flies on the community flag pole outside city hall during Monday's Remembrance Day ceremony.

ANGELA MULLINS/METRO

age Party in London, plans to be at Tuesday's meeting to get clarification.

"I think it's easy to describe commercial, ... political, certainly. But religious (organization), what does that mean?" Rancourt, who serves as spokesman for a group representing Christian businessmen, said Friday.

Rancourt squared off with Saunders in August 2012 after his request to fly the Christian flag outside City Hall was denied.

The Christian flag is a perfect example of why the new provision could get hairy, Rancourt said.

While often flown outside Christian churches and in support of religious efforts, "it's

PrayerFest

- G.J. Rancourt wanted to fly the Christian flag outside city hall to mark his March for Jesus and PrayerFest in August 2012.
- The city clerk initially gave the OK, which at the time she said was subject to Rancourt submitting a picture of the flag he intended to use.
- When Rancourt provided the picture, about a week later, the plan was nixed

with the clerk saying the flag violated city rules because it didn't represent a specific group.

- The decision came days after Rancourt told a Toronto TV station that a "one-way ticket home" might be a good idea for Muslims who want to practice sharia law in Canada. The clerk acknowledged the comments were a factor in her review of the request.

the only flag in the world that has no ownership," he said.

"It belongs to no religion,

no government, no political party ... it is the only true free flag in the world."

Lewis Coray Trailblazer

Youth award
applications
ready to go

Applications are being accepted for the Lewis Coray Trailblazer Award for Youth, handed out annually by the London Police Service and Congress of Black Women.

Applicants must be 15- to 18-years-old. The deadline is Jan. 17.

METRO

Cyclist hit by pickup. Police asking for witness, issue safety reminder

Woodstock police are reminding cyclists to wear bright clothing and use lights after a weekend crash.

A 53-year-old cyclist was injured after he was hit by a pickup truck about 7:55 p.m. Saturday on Mill Street at Fifth Avenue. The northbound truck, driven by a 48-year-old man, was preparing to turn left when

the collision happened.

Police said the cyclist was wearing dark clothes and had no lights on his bike. He was taken to hospital with injuries that are not believed to be life-threatening. The investigation is ongoing. No charges have been laid. Witnesses are being asked to contact police.

METRO

Four-legged hero. Dog stops armed robbery in west London: Police

A German shepherd mix and its owner are credited with stopping an armed robbery in west London on Sunday.

Police say the would-be robber entered a convenience store about 5:45 p.m., brandished a "sharp object" and demanded cash from the clerk.

The man was given an un-

disclosed amount of money before the clerk's son overheard the commotion and entered the store with his dog.

The dog subdued the suspect until police arrived and took him into custody.

The investigation is ongoing, police say.

ANGELA MULLINS/METRO



Danielle Davidson, 28, of London, underwent surgery Sunday to receive a new set of lungs, her second transplant, after a long wait for the organs to become available. METRO FILE

Local responding well to 2nd double-lung transplant

Breath easy.

28-year-old went into surgery over weekend after long wait



SCOTT TAYLOR

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Danielle Davidson has received a double-lung transplant and is recovering, posts on her Facebook page show.

Davidson, who has cystic fibrosis, received her first double-lung transplant about two years ago, but the organs were being rejected. Her life depended on a second transplant, which she received Sunday in Toronto.

Friends and family are thrilled the surgery went

so well and that she was already awake and communicating as well as she could hours after it ended.

The following is an encouraging Monday evening post from the Facebook page, titled Danielle's Breathe Easy — 2nd Time's a Charm:

"Danielle Davidson is AWAKE!!! She has started to breathe on her own, but still has the assistance of the ventilator for the time being. She is very medicated, but very aware. She is responding through nods, facial expressions and hand gestures, and even has her sense of humour!!!

"The ICU team will continue to decrease her meds through the day in hopes of removing the ventilator, and they have assured us that she is doing very well.

At a glance

- One person dies from cystic fibrosis in Canada each week.
- Of Canadians with cystic fibrosis who died in 2011, half were younger than 34 years old.
- One in every 3,600 children born in Canada has cystic fibrosis.
- 50 per cent of Canadians with cystic fibrosis are diagnosed by six-months-old, and 73 per cent are diagnosed by their second birthday.

We told her we love her and she was able to mouth it back."

Mowat Centre. Alberta needs to share bounty to make pipeline work: Study

Ontario must push to ensure the benefits of proposed oil pipelines in the province — not just their costs and risks — are spread throughout Canada, says a study released Monday by the Mowat Centre.

"Unless Alberta and the federal government are more prepared to find ways of sharing costs and benefits more equitably, it is unlikely that pipeline projects will reach fruition," write the report's authors.

While Ontario would see economic benefits of pipelines in the form of employment and government revenues, the report's authors argue Alberta and other oil-producing provinces reap a disproportionate share of the bounty.

At the same time, they write, Ontario and other provinces have been doing the heavy lifting when it comes to reducing greenhouse gas emissions, only to be eclipsed by rising emissions from fossil-fu-

el-rich provinces like Alberta.

The most "realistic and reasonable" way to win broad support for pipelines is through a federal price on carbon, the proceeds of which could be invested in research, development and clean technology.

The Mowat Centre, located at the University of Toronto's School of Public Policy and Governance, is a non-partisan public policy research centre.

THE CANADIAN PRESS

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How to win friends and influence voters. Ont. Tory election plans leaked

A leaked Tory election campaign blueprint features Doug Ford and a hard-right anti-union agenda.

The day-to-day itinerary for Progressive Conservative Leader Tim Hudak was prepared in the event the minority Liberal government's May 2 budget was defeated, setting the stage for a spring provincial general election.

In some ways it echoes the 1995 Mike Harris Common Sense Revolution campaign complete with "tax cuts create jobs," "reducing the size of government," and spoiling for a fight with teachers.

This kind of document — which a party source described as "not a final writ calendar" — is usually a closely guarded secret available to about three people.

Everything is scripted down to the minute. Even time for schmoozing with reporters is set aside with double asterisks: "Have Tim drive back to Toronto part way on the media bus and have some beers."

And then there is Hudak having his photo taken with soccer moms, playing cards with seniors and riding in a traffic helicopter.

The featured rally on Day 1 of the campaign was to be at the Etobicoke North Tory

Intent

The draft campaign plan provides insight into the Tories' thinking with daily talking points and events designed to put Hudak's struggling popularity into the best possible light.

campaign office where outspoken Toronto city councillor Doug Ford, the brother of the now disgraced Mayor Rob Ford, was expected to be the "star" candidate.

Even after recent events, with the mayor admitting that he smoked crack, Hudak is not ruling out having Doug Ford run for the Tories in the next election, which could come as early as the spring.

The Tories have released 14 policy papers but to date have refused to say which ones they will take into an election.

The documents clearly show the attack on organized labour is front and centre. Among the other controversial policies put forward, according to the leaked itinerary, was proposed merit pay for teachers, which Hudak has said will reward outstanding teachers.

TORSTAR NEWS SERVICE



The Grand Theatre on Richmond Street is joining forces with Orchestra London to pitch an "arts district" downtown. ANGELA MULLINS/METRO

Arts groups agree to work together

Progress stalled. Grand Theatre, Orchestra London consider multi-site arts district



SCOTT TAYLOR
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Orchestra London and The Grand Theatre are setting up a joint task force to explore options for a new downtown arts district.

The move comes more than a year into the organizations' development of duelling plans for a new per-

Quoted

"We all agreed we want a concert hall, we want to do it right and we want to do what's right for the community."

Ron Koudys, board chair at The Grand Theatre

forming arts venue to replace Centennial Hall.

The proposed district would stretch from Budweiser Gardens to Wellington Street and would include a refurbished — and enlarged — Grand Theatre as one of the jewels in its crown, Ron Koudys, the theatre's board chair, said Monday.

Both organizations have

been under the gun to develop their proposals and are running out of time to do so in order to get funding from the city. Working together via a task force is akin to what people attending public meetings on the proposals in September said they wanted: co-operation.

"I think the structure of the task force would reflect

the broader interest, not just of the Grand or the orchestra," Koudys said. "It would include other arts organizations as well."

Koudys said it may be surprising to some that both sides agree on more issues than not.

"I've been speaking to the orchestra, and they think this is great," he said. "We just haven't agreed on the best site, which would seem to be a pretty small difference."

He said the city instituted a "silly" process that pitted one group against the other.

Now, he believes a proposal everyone can support could be submitted to city staffers by the end of January.

The Grand Theatre

- A large theatre with 1,200 seats plus a studio theatre
- Residential towers
- The existing parking lot behind the theatre would have been used for the expansion. Because of that, the theatre had

Cost

\$110M

asked the city to transfer ownership of a municipal lot on Queen's Avenue.

Orchestra London

- A main hall with 1,300 seats plus a smaller recital hall
- Office and condominium towers
- Asked the city for \$10 million. The money would be repaid over time

Cost

\$200M

through development fees and property taxes on the residential/office towers.



Tim Hudak THE CANADIAN PRESS

Sidewalk safety

Senior cycling proposal stalls

A proposal that would allow people 65 and older to ride bicycles on sidewalks hit a roadblock Monday at city hall.

Council's civic works committee recommended the plan — pitched by city engineers — be sent back to city staff for an in-depth

review. Full council will have a say on what should be done Nov. 19.

The proposal is designed to make the city more age-friendly. Right now, the only cyclists allowed on sidewalks are children younger than 14 years old.

Under the new proposal, youths and older cyclists would not be allowed to ride on sidewalks throughout downtown.

METRO



Members of London's 1st Hussars reserve Army regiment line Dundas Street before marching to Victoria Park for a Remembrance Day ceremony. ANGELA MULLINS/METRO



A colour guard leads the Remembrance Day parade along Wellington Street en route to the cenotaph. ANGELA MULLINS/METRO

Remembering their sacrifice

Hundreds pay tribute to fallen, surviving soldiers

SCOTT TAYLOR

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A cold drizzle couldn't deter the warriors from gathering around the cenotaph for Monday's Remembrance Day ceremonies at Victoria Park.

As wreaths were laid and the Piper's Lament was played, the veterans faced into a biting wind with stoic expressions remembering their fallen friends and comrades.

The sacrifice wasn't lost on the hundreds in attendance, who applauded the vet-

erans as they arrived and left.

Many were too young to remember the Vietnam War, much less the Second World War, but almost everyone sported the iconic poppy.

It was essential for some parents to share the occasion with their children.

"I think it's important for us to pass down and remind them of why we live in a free country," said Wanetta Postma, who attended with her five children. "That's why

I want to teach our children to keep passing it down."

George Beardshaw, 91, fought with the Queen's Own Rifles throughout Northwest Europe before being captured in the latter days of the Second World War.

"I got to be a corporal and a section leader. I was only 20-years old and some of the other guys were older than me, but I wasn't their boss, I was their friend," he said. "After the war, we got togeth-

er once in a while, but now I'm the last one."

William 'Pat' Mills was a bomber pilot, who was shot down and captured on his sixth mission over Germany. He spent 16 months in a POW camp near the end of the war.

"Seven were in the plane, four of them died," he said.

As the ceremony ended, many on hand lined up to shake hands with, and thank the vets.



Cpl. James Husband of the 31st Service Battalion guards the cenotaph as a man salutes after placing a wreath at its base. ANGELA MULLINS/METRO



William 'Pat' Mills of London, left, was a Second World War bomber pilot. He's pictured here with his son, Bill. SCOTT TAYLOR/METRO



Sgt. Michael House, 15, of the 27th Air Cadet Squadron, served as the lone bagpiper playing the Piper's Lament. ANGELA MULLINS/METRO

UN climate talks. Envoy to fast until he sees hope

The devastation caused by Typhoon Haiyan cast a gloom over UN climate talks Monday as the envoy from the Philippines broke down in tears and announced he would fast until a “meaningful outcome is in sight.”

Naderev “Yeb” Sano’s emotional appeal was met with a standing ovation at the start of two-week talks in Warsaw, where more than 190 countries will try to lay the groundwork for a new pact to fight global warming.

Choking on his words, Sano said he was waiting in agony for news from relatives, though he was relieved to hear his brother survived.

“In the last two days he has been gathering bodies of the dead with his own two hands,” Sano said.

UN climate chief Christi-

Imploring

“We can fix this. We can stop this madness. Right now, right here.”

Philippine envoy Naderev “Yeb” Sano, to the other delegates in Warsaw.

ana Figueres also made reference to the “devastating impact” of the typhoon in her opening speech and urged delegates to “go that extra mile” in their negotiations.

Scientists say single weather events cannot conclusively be linked to global warming. Also, the link between man-made warming and hurricanes is unclear, though rising sea levels are expected to make low-lying nations more vulnerable to storm surges.

THE ASSOCIATED PRESS

Canada acts. Victims may face painful wait for relief

Anxious members of Canada’s Filipino community faced daunting logistical challenges as they scrambled on Monday to collect cash and relief supplies.

The biggest problem, said one spokeswoman, was the cost and difficulty of getting the supplies to the Philippines, where food shortages are compounding already unfathomable misery.

“By the day, it’s getting worse,” said Rosemer Enverga with Our Lady of the Assumption Church in Toronto.

As volunteers packed boxes of canned food, clothing, blankets and other supplies, Enverga noted it would take well over a month to get the goods to where they are desperately needed.

The problem, she said, is air freight is prohibitively expensive, leaving sea shipment

On the way

The Canadian Red Cross was set to deploy a mobile hospital that would offer basic health-care services in conjunction with its Norwegian and Hong Kong counterparts, a spokesman said.

- Foreign Affairs Minister John Baird announced Monday that Canada would deploy a disaster-response team to assess needs on the ground and identify relief options.

as the only option. However, even sea freight is expensive, and many companies are already at capacity in anticipation of the Christmas rush.

THE CANADIAN PRESS

Haiyan continues

Thirteen people die preparing for storm in Vietnam

Haiyan made landfall in Vietnam on Monday as a tropical storm. State media quoted officials as saying 13 people died and 81 others were injured while reinforcing their houses and trimming trees. They said the storm damaged more than 1,300 houses and 39 boats in the province of Quang Ninh. THE ASSOCIATED PRESS

One dead

Thunderstorm batters Croatia

Croatia has been hit by a thunderstorm and gale-force winds that ripped off rooftops and left one person dead and 22 injured.

Winds reached 220 kilometres per hour.

In the capital, Zagreb, trees and rooftops fell on cars as firefighters and rescue services struggled to cope with emergency calls. THE ASSOCIATED PRESS



A survivor writes a message on their port to call for help in the typhoon-ravaged city of Tacloban in central Philippines on Monday. AARON FAVILA/THE ASSOCIATED PRESS

Victims cry out amid death and desolation

Tacloban, Philippines.

Rescuers struggle to operate in city ripped asunder by typhoon

Blasted landscape

“I don’t believe there is a single structure that is not destroyed or severely damaged in some way — every single building, every single house.”

U.S. Marine Brig. Gen. Paul Kennedy, after taking a helicopter flight over Tacloban, the largest city in Leyte province.

Bloated bodies lay uncollected in the streets and desperate survivors pleaded for food, water and medicine as rescue workers took on a daunting task Monday in the typhoon-battered islands of the Philippines.

The city of Tacloban resembled a garbage dump from the air, with only a few concrete buildings left standing.

At a small naval base, eight swollen corpses — in-

cluding that of a baby — were submerged in water. Officers had yet to move them, saying they had no body bags or electricity to preserve them.

Authorities estimated the typhoon killed 10,000 or more people, but with shattered communications and transportation links, the official death toll three days after the storm made landfall remained at 942.

Soldiers from the Philippines and U.S. were distributing food and water, and assessment teams from the United Nations and other international agencies were seen Monday for the first time.

Emily Ortega, 21 and about to give birth, said she clung to a post to survive after the evacuation centre she fled to was devastated by

the six-metre storm surge. She reached safety at the airport, where she gave birth to a baby girl, whose arrival drew applause from the military medics who assisted in the delivery.

Marvin Daga, a 19-year-old student, tried to ride out the storm in his home with his ailing father, Mario, but the building eventually crumbled and they fell into churning waters. The teen grabbed a coconut tree with one hand and his father with the other, but he slipped out of his grasp.

“I hope that he survived,” Marvin said as tears filled his eyes. “But I’m not expecting to find him anymore.”

THE ASSOCIATED PRESS



Residents line up for treatment and relief supplies at Tacloban airport. BULLIT MARQUEZ/THE ASSOCIATED PRESS

Preparations fall short

Hours before Typhoon Haiyan hit, Philippine authorities moved 800,000 people to sturdy churches, schools and public buildings. But the structures were simply no match for the jet-force winds and massive waves that swept ashore Friday.

“Sometimes, no matter how much and how carefully you prepare, the disaster is just too big,” said Zhang Qiang, an expert on disaster mitigation at Beijing Normal University.

The Philippines, which sees about 20 typhoons per year, is cursed by its geography. On a string of some 7,000 islands, there are only so many places to evacuate people to, unless they can be flown or ferried to the mainland.

The nation also lacks a strong central government, hampering disaster preparation and relief capacities.

“Imagine America, which was prepared and very rich, still had a lot of challenges at the time of Hurricane Katrina, but what we had was three times more than what they received,” said Gwendolyn Pang, executive director of the Philippine National Red Cross.

THE ASSOCIATED PRESS

Bearskin Airlines. Plane crash in NW Ontario kills five; one survivor pulls another to safety

A man who survived a plane crash that killed five others in northwestern Ontario managed to pull a woman to safety before flames engulfed the aircraft, provincial police said.

The Bearskin Airlines plane went down just after 7:30 p.m. Sunday on approach to the Red Lake airport, about 500 kilometres northwest of Thunder Bay, Ontario Provincial Police said.

The twin-engine turbo-prop burst into flames when it hit the ground, and only two people survived.

The two pilots — a 25-year-old from Mississauga and a 34-year-old from Winnipeg — were among those killed.

Three passengers — a 53-year-old woman, a 53-year-old man and a 64-year-old woman — all from Red Lake — were also killed.

The survivors were identified as a 29-year-old man and

Bound for Red Lake

Bearskin is based in Sioux Lookout and has operated since 1963, employing 300 in Ontario and Manitoba.

- There's no word on the cause of the crash.
- The plane was totally destroyed by flames; the woods around were also on fire.

a 50-year-old woman, both from Winnipeg.

"The one male (survivor) was actually the one that called us to report the crash," said OPP Sgt. Rob McDonough. "He was able to pull the woman out of the wreckage prior to it becoming fully engulfed in flames."

The 19-seat aircraft had taken off from Sioux Lookout. **THE CANADIAN PRESS**

Hundreds attend funeral for British veteran, 99

Harold Percival. His friends and relatives are long gone; he'd been part of raid on German dams in 1943

Mourners observed a two-minute silence for victims of war before Harold Percival's coffin, draped in a blue RAF flag, was carried into the chapel to the strains of the Dambusters March.

Hundreds of Britons attended the funeral on Monday of the 99-year-old former Second World War airman they'd never met.

Harold Jellicoe Percival died Oct. 25 at a nursing home in northwest England, with no family or friends still alive.

An advertisement was placed in the local newspaper asking people to attend the service so his passing would not go unmarked.



Hundreds pay respects to Harold Percival in Lytham St. Annes, England, Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

ing would not go unmarked.

The ad was taken up on Twitter, and several hundred gathered Monday to pay respects to Percival, who served as ground crew with Royal Air Force Bomber Command during the war. Scores who

could not fit inside stood out in the rain. Monday was the anniversary of the end of the First World War, on Nov. 11, 1918. The funeral began 95 years to the hour after the 1918 armistice.

THE ASSOCIATED PRESS

We will remember

"You have come in numbers surpassing anything that was expected."

Rev. Alan Clark, who led the service

ALL DONATIONS WILL BE MATCHED DOLLAR-FOR-DOLLAR BY THE CANADIAN GOVERNMENT



REUTERS/Erk De Castro

DEADLY TYPHOON DEVASTATES THE PHILIPPINES

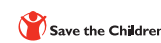
AS MANY AS 10,000 FEARED DEAD. SURVIVORS NEED URGENT HELP NOW!

Super Typhoon Haiyan ravaged the Philippines, leaving a trail of destruction and death. More than 4 million children and families suffer in the wake. Many have lost everything and cling to life without access to basic necessities.

YOUR GIFT WILL RUSH ESSENTIALS SUCH AS FOOD, WATER, MEDICAL CARE AND SUPPLIES TODAY. PLEASE RESPOND IMMEDIATELY.

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The cost of this ad has been generously donated by:



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Gifts. Flipboard helps take guesswork out of holiday shopping with wish lists

Personal magazine creator Flipboard is expanding into shopping catalogues just in time for the holiday shopping season.

A tool released Monday will allow Flipboard users to display their gift wish lists and highlight their favourite products in a catalogue-like format. The digital catalogues include links so the products can be purchased by anyone browsing through the selections on Flipboard's application for Apple Inc.'s iPhone and iPad, as well as mobile de-

Growing group

Flipboard has accumulated about 90 million users so far, says co-founder Mike McCue.

vices running on Google Inc.'s Android operating system.

Several merchants and websites, including Gap Inc.'s Banana Republic and eBay Inc., are distributing Flipboard catalogues.

THE ASSOCIATED PRESS

Attempting a turnaround

Sears selling stake in eight properties

Sears Canada Inc. is selling its 50 per cent interest in eight properties for about \$315 million, the national retailer's latest major real estate transaction. THE CANADIAN PRESS

Random biz fact of the day

6 sec.

Hiring managers spend about 6 seconds on a resume to look for: Name, current/previous company, title, position start/end dates, and/or education.

CAREERLEAF/NEXCAREER

Beer pours \$13.8B into economy



JONATHAN HAYWARD/THE CANADIAN PRESS

Cheers to that

Brewskies account for 1% of GDP

A new report from the Conference Board of Canada found the brewing, transportation, sale and consumption of beer contributes \$13.8 billion to the country's economy, or nearly one per cent of GDP. LUKE SIMCOE/METRO

Brews up jobs

"Beer has been a part of Canadian life for hundreds of years. The beer economy is a significant employer. No matter where people buy beer, they support jobs across the country."

Pedro Antunes, with the Conference Board of Canada

Patriotic pints

85%

Unlike other countries, our beer industry is highly domestic. Roughly 85 per cent of beer consumed in Canada is produced here.

1 of 100

The study found the beer industry supports 163,200 jobs in Canada, meaning one out of every 100 jobs is beer-related.

Wobbly pops still the tops

- Beer is the most popular alcoholic beverage in Canada, accounting for 45 per cent of all alcohol sales and 8.1 per cent of total household expenditures on food and drink.
- Canadians drink roughly 23 million hectolitres of beer annually, or roughly 80 litres per capita.
- The beer economy brings in \$5.8 billion in municipal, provincial and federal tax revenue.
- Yukon residents drank the most beer, at roughly 385 bottles per capita per year. British Columbians drank the least beer per capita, at 205 bottles annually.

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(Online) mall rats rejoice. Amazon now delivering on Sundays ... in the U.S.



Amazon is rolling out Sunday delivery across the U.S. Here's hoping Canada will be next. ROSS D. FRANKLIN/THE ASSOCIATED PRESS FILE

Amazon is teaming up with the U.S. Postal Service to deliver packages on Sundays.

The Seattle company says Sunday delivery will be available this week to customers in the New York and Los Angeles metropolitan areas. Amazon and the Postal Service plan to roll out service to "a large portion of the U.S. population" next year, including the cities of Dallas, Houston, New Orleans and Phoenix.

Amazon expects Sunday delivery to be popular with members of its Prime service, which costs \$79 US a year and comes

Wish and ye shall receive

Sunday delivery has been on Amazon's wish list for a long time. The company does not disclose the percentage of its packages that are delivered on weekends, but Clark expects customers "to be delighted that they will get their products on a weekend."

with free two-day shipping on many items on the site as well as access to Amazon's streaming service. THE ASSOCIATED PRESS

Ashley Madison lawsuit

Adultery site hits back at ex-staffer

A dating website for married people seeking affairs is dismissing a \$20-million lawsuit as nothing but a "frivolous" claim by an "opportunistic" ex-employee.

Ashley Madison has issued a statement condemning the suit filed by Dorian Silva, who alleges she permanently damaged her wrists typing up fake profiles of women for the site.

In the statement, the company says Silva is exaggerating her injuries in order to support demands for compensation that the company said escalated over time. THE CANADIAN PRESS

Gabriel Resources

Plan for Europe's biggest open gold mine rejected

Stock in Gabriel Resources Ltd. was down almost nine per cent after the Romanian government announced it would not allow the Canadian company to develop what would have been Europe's biggest open gold mine. THE ASSOCIATED PRESS



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

metronews.ca/temp

9-to-5 alternatives

Care to wing it in Saskatchewan?

While the public has heard horror stories and urban myths about temporary work, some of the jobs posted for temporary workers sound more inviting than the nine-to-five grind.

In Regina, someone is looking for a live-in caretaker for an elderly woman to spend six months of summer in Katepwa Lake, Sask., with the other six months, the cold season, spent in Phoenix, Ariz.

The posting on Kijiji advertises a working wage of \$10.51 an hour and residence in a private household. The job description consists of regular tasks like doing dishes, gardening and other typical household chores.

However, other postings, like a help-wanted ad for people to clean poultry barns in Melville Sask. — a 40- to 70-hour-per-week job depending on the number of barns, with a wage of \$18 an hour — will make you appreciate your warm, clean office more than ever before. **METRO**



GETTY IMAGES

Temp is Slightly Shocked by Lunch Query

We settled on the Saipan, a Japanese lunch place run by a noisy Belarussian family. It's a quick walk if you cut through the next-door parking lot of AmQex, a defence contractor, and trek over brown grass berms forested with CCTV cameras atop white poles.

We quickly ordered two bento boxes and sat down by a window.

"How's temping?" asked Sarah.

"I get used to feeling disposable."

"You know about the warehouse fire, don't you?"

"Know what?"

"Kevin Taylor's wife started it."

"No!"

"Yes. They caught her on the AmQex cameras."

"Holy moly. Why?" I played dumb.

"Nobody else knows. The Daniel told me."

"Huh."

Our boxes arrived and we quickly ate. Sarah had yet to tell me why we were there — and then she did: "So, are you and Kyle a, um, couple?"

For once I got to roll my eyes. "No! And I keep on feeling like we're two pandas in a Chinese zoo and everyone's waiting for us to mate." I remembered my pledge to be nice. "Why are you asking?"

"Because I thought maybe he and I..."

"Sarah, you're 40!"

"So?"

"I'm sorry. That just blurted out. But really, Sarah, you're 40 and he's maybe 25."

"All the better."

I sucked in a breath. "Well, he's all yours to win, and he may be getting a job at the refineries, so he's ready to settle down, too."

"You think I'm a perv?"

"No. I say go for it and good luck. He can get you discounts on skateboard equipment, too."

"Meow."

"Just wrapping my brain around this." We ate the remains of some oily tempura. Then I realized something: "It was very nice of you to ask me first. For real."

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I guess not."

Walking back, we approached two older guys with cardboard signs begging at the stoplights, one an Afghan vet, the other guy just old and sad. Sarah and

"I'm not a monster. And I'm just not another Sarah Unit around the office."



Random biz fact of the day

18%

Why not speak up — 18 per cent of people never negotiate or make a counteroffer when taking a new position.

SOURCE: NEXCAREER

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Random fact of the day

Life in plastic, it's fantastic. The name? Not so much ...

- Barbie's full name is Barbara Millicent Roberts. Ken's full name? Ken Carson.

SOURCE: WIKIPEDIA.ORG



I looked at each other. "What are we going to do?" I asked.

"I always give the old guys something because, I mean, what are they going to do, become Walmart greeters? The young guys ... if I think it's going on drugs I don't give. But the Afghan guy doesn't look druggy."

"He just looks so lost and forgotten."

We ended up giving each of them 20 bucks, and Sarah did a cool thing: She asked them each their name, and they were so glad just to be able to say it to someone, and then hear it said back to them — like the world remembered them again. The old guy was Kurt, the younger guy was Darren.

When we got back to the office, there were six police cruisers in the lot, cherries flaring. Uh-oh. And vans. And a K-9 unit.

TO BE CONTINUED ...

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AGE IS JUST A SERIES OF SHOULDN'TS

They say age isn't so much a number but a state of mind. And while that idiom might have some truth to it, at 28 years old, my mind and body agree that there are some things I've definitely outgrown. It's not that I'm too old for this stuff, but perhaps I'm just not quite young enough anymore.

Not eating vegetables. There was a period in my youth where I subsisted on a steady diet of coffee, vodka, pizza and sugary breakfast cereals. It wasn't healthy but it was delicious. Nowadays, if I go for more than 24-hours without some form of leafy green I can literally feel my body rebelling against me. I've turned into someone who actually cares about the nutritional content of different types of lettuce and I regularly use the phrase "super-food" without a hint of irony. If there is a way to add kale to my meal,



SHE SAYS

Jessica Napier

metronews.ca

it's happening.

House parties. Don't get me wrong, I love a civilized wine and cheese soiree in the comfort of one's home, but there are certain types of residential bashes that are best left to the younger set. Drinking strong mixed drinks composed of found-liquor in a stranger's kitchen and then playing a round of flip cup with people born in the 1990s — this is not for me. The terrifying bathrooms are a deal breaker on this one.

Slumber parties. Crashing on a friend's couch in an emergency or spending a weekend away at a cottage with a group of friends is one thing, but sleeping over just for the sake of it just seems pointless. I'm sorry, but I happen to be very specific about my pillow density and enjoy being productive in the mornings. If we live in the same city, I can guar-

antee that I'm heading home at the end of the night to sleep in my own bed.

Caring about my ex-boyfriends on social media. The days of cyber-stalking my exes and analyzing every new profile photo and wall post from a beautiful girl are behind me. Maybe I can chalk this one up to my own maturity but it's probably because there are too many engagement announcements and baby photos clogging up my news feed.

Becoming deeply invested in television shows aimed at teenagers. Earlier this year I found myself sick in bed for the weekend and decided to binge-watch *Pretty Little Liars* on Netflix. Am I proud of this decision? Of course not. But now I am regrettably committed to watch (and worse, care about) this mindless teen soap until its ultimate cancellation. And yes, in this case knowing that I am too old for this type of behaviour doesn't stop me from doing it.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Art to give a hoot about



CECELIA WEBBER/SOLENT NEWS

Owl reproduced from nude models

This amazing picture of a flying owl has been given a truly human touch — because the artist has created it out of people.

American artist Cecelia Webber takes hundreds of photographs of nude models and spends up to a year editing them together on her computer to create extraordinary collages. **METRO**

Artist is the subject of work

1

model was used in this picture on an owl in flight — the artist herself.

"I spent about a year trying to perfect that pose of me falling forward," Webber, an American artist based in Montreal, explains. "Then it took about three months for me to complete the rest of the image." Asked if she considers this work to be a self-portrait, the artist answers: "I don't see myself *per se* in my works. To be frank, I would be really intimidated if I did!"

Birds and bugs make 'poetic' images

Birds and insects are Webber's preferred subjects, as the animals' discrete and distinct body parts are easier to imitate using individual shots.

"It's more difficult to realistically duplicate the fur of an animal," Webber tells *Metro*. "There is something more poetic about a bird shape, for instance. Its feathers are conducive to movement." **METRO**

What's next?



"I would like to create an endangered species next. Reproducing this animal with real human shapes would help rekindle our connection with nature."

Cecelia Webber, artist

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Instagram, a.k.a. ground zero for food porn, is home to filtered flans, videoed vindaloo and all sorts of digitally documented delicacies. While a quick tour through the archives will likely get your stomach rumbling, why not go straight to the horse's mouth and see what celebrity chefs are posting.



METROFILE

@aprilbloomfield:

Two-time Michelin Star winner April Bloomfield (of *Spotted Pig*, *Breslin* and *Iron Chef America* fame) not only knows her way around the kitchen, but also around a camera.

@jamieoliver:

No stranger to social media, Oliver's found quite the social media following. His Instagram account not only shows beautiful food pics, but includes the occasional how-to video.

@davidchang:

While food dominates the Momofuku founder's photo feed, markets, music and sunsets make up a fair share of the Korean-American chef's pics.

Letters

mess is more than just an extremely entertaining freak show.

I was in a cab this weekend in St. Catharines and the subject of our mayor came up within thirty seconds.

"Why is the media picking on the mayor for partying on his own time," the driver asked with some frustration.

The media has failed to tell the story in a way that convinces the die-hard supporters that this is serious business. It is serious business in terms of how Ford has compromised himself as mayor.

Ted Burley, Toronto

It's more shocking than the sordid details that make up the Rob Ford scandal. That is, the enduring approval rating of the mayor among Ford Nation.

The circumstances should have sunk the mayor even among his most loyal followers. But why hasn't it? I suggest the media has done a poor job covering the story, other than laying out the sordid facts and rumours, while making news themselves lying in wait.

It has been an epic fail. This

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

DVD review



Man of Steel

Director. Zack Snyder

Stars. Henry Cavill,
Amy Adams

•••••

A planet explodes, buildings collapse and heroes and villains battle amidst the debris in Man of Steel, a blockbuster in every sense of the word. The film's most impressive feat, however, is considerably more cerebral: convincing us that the Superman movie we don't need is one that we may actually want — and the thought of a more streamlined sequel is even better. Snyder (300, Watchmen) packs more details into one montage than most directors put into an entire movie. He's in no rush to place thoughtful British actor Henry Cavill (TV's The Tudors) into the revamped Superman suit, or even to have his superhero referred to by name, which barely happens. Instead Snyder luxuriates in making Man of Steel a true origin story, giving us a view of doomed planet Krypton never before glimpsed in innumerable previous Superman movies. Origin stories rarely achieve 100 per cent success since there's usually too much story to their origins. Man of Steel is no exception, but there's reason to hope that future chapters will really lift us up, up and away. Hours of extras, mostly on Blu-ray, include multiple making-of featurettes.

PETER HOWELL

Michael J. Fox shakes off the comedy dust

Surprise success.

Comedian's new show is proving the critics wrong as it gets picked up for syndication

EMILY
LAURENCE
Metro World News

The results are in. Now halfway through the season, Michael J. Fox is proving early doubters wrong with the surprise success of The Michael J. Fox Show. When Fox decided to return to TV full time, people were supportive, but no one was quite sure what to expect. But the show has just been picked up for worldwide syndication and boasts some big upcoming guest stars, such as Sting, who will play himself in the show's holiday special.

The show is loosely based on Michael's real life — he plays a family man with Parkinson's who decides to return to work — but beyond the premise, it has its own storyline separate from the actor's life. "The story of our first season is that after everything he's been through, Michael J. Fox is still one of the funniest men in America," creator Sam Laybourne tells Metro.

On the show, it's Fox's character Mike's wife who pushes him to go back to work, but Fox says in real life, he pushed himself. "I was enjoying my guest appearances (on The Good Wife and Curb Your Enthusiasm) so much that I thought, 'Why can't I do this? What is the unwritten rule that I can't

Family-friendly fun

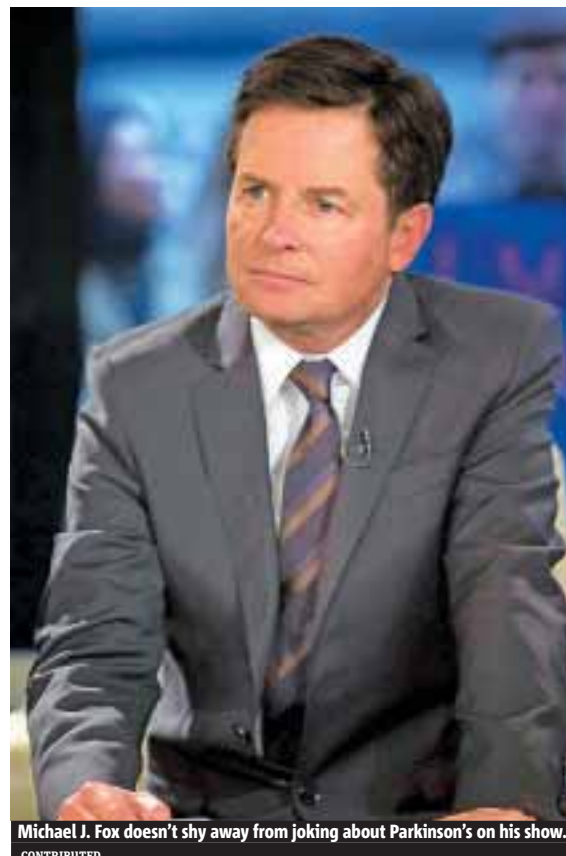
Co-creator Sam Laybourne credits the show's family-friendliness for its success. "My favourite tweet ever I've seen about the show is, 'Watching with my family. We were cracking up like maniacs,'" Laybourne says. Family comedy makes a comeback, it seems.

go back to work full time?' The more I thought about it, the more I thought, 'Why can't I do a show?' I couldn't find a reason not to," Fox says.

"Being a guy with Parkinson's, there's a whole new set of tools for him," Laybourne says. "There was this sort of fear going into it that Michael is somewhat limited. He's not limited. He's using different tools, which are equally if not more funny. He's up for anything."

The show doesn't shy away from joking about Parkinson's, a tactic that is meant to help the audience feel more comfortable with it as the season goes on. Laybourne explains that early in the season, viewers may have felt uncomfortable laughing at Parkinson's jokes, but people that have stuck with the show laugh about it, just as the characters on the shows do.

"We make a lot of Parkinson's jokes on set," Betsy Brandt, who plays Fox's wife on the show, tells Metro. "Michael always says, 'Everybody's always got their own bag of hammers.' It's a little shaking, it's not the end of the world. ...



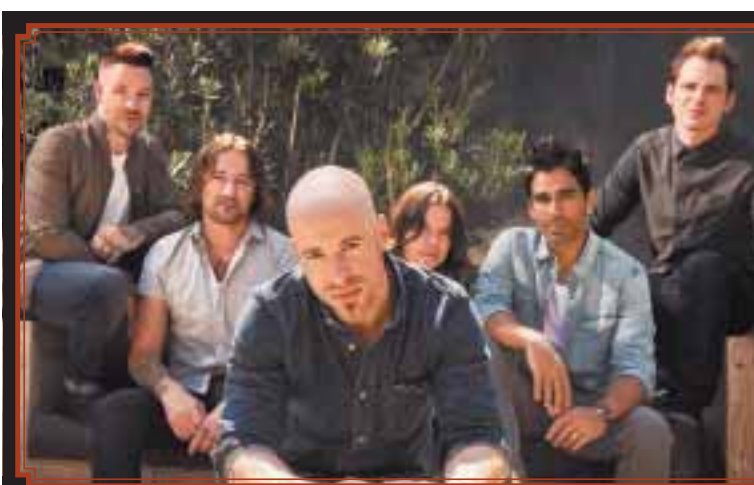
Michael J. Fox doesn't shy away from joking about Parkinson's on his show. CONTRIBUTED

For everybody, there's going to be something — maybe not a chronic disease, but something — that you struggle with."

"My view of life is coloured by humour and looking at the best in any situation," Fox says. "One of the things I love about the show is that it gives me the opportunity to tell people who

have disabilities or different challenges that they deal with that you can step back into life. You can be a part of life. You just have to allow for the facts of your situation. Instead of hiding that or being in denial about it, put it out there, and that's what I'm doing with the show."

2 SCENE



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"Was it worth holding in a fart for an hour?" — how men judge a massage



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Miley Cyrus

Miley continues her blaze of glory as she burns one at the MTV Euro awards

Miley Cyrus went for shock value at an MTV awards show once again, lighting up and smoking what appeared to be a joint while accepting the award for best video at the MTV European Music Awards — only American audiences didn't get to see it. In the version broadcast in the States,

the cameras cut away to audience reaction shots as she pulls the joint from her purse, lights it and puffs away.

"No one was expecting that to happen," a source close to the show tells Us Weekly of the stunt. "It was so brazen, so shameless. It was so uncalled for."

The Word



Lance Bass and Michael Turchin. ALL PHOTOS GETTY IMAGES

Lance Bass ready to say Bye Bye Bye to bachelorhood

Wedding fever has apparently gripped the former members of 'N Sync, with Lance Bass the next to walk down the aisle next year with fiancé Michael Turchin.

And he tells Us Weekly that he picked up some wedding planning advice from Justin Timberlake's wife, Jessica Biel, at 'N Sync

member Chris Kirkpatrick's wedding earlier this month.

"We were sitting there talking to Jessie Biel, and she gave us a lot of great pointers. And she had some really great ideas," he says.

"One really cool idea she had was that, on the invites — because we love our onesies — send out personalized onesies to all our guests so that at midnight after the reception it turns into a pajama party. How fun would that be? I think we might be doing that one."

METRO WORLD NEWS



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Half off update



Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Ciecwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off. Elisha recently blogged about the fact that some of her clothes are way too big now, and she's going to pack them up and donate them. "I have several sizes of clothing in my closet and getting rid of the top sizes is good, and it's scary. Getting rid of these clothes means there's no going back."

- Read the blog.
metronews.ca/half-off

Fueling future athletes

Nutrition. Women's hockey star Meghan Agosta credits her Mom's healthy cooking for helping to turn her into an Olympian

THERESA ALBERT
life@metronews.ca

Meghan Agosta, who plays forward on the Canadian women's hockey team bound for the 2014 Winter Olympics in Sochi, Russia, says she couldn't have done it without her mom.

As a family with four kids, including avid hockey players, the costs of feeding, schlepping, buying equipment and travelling can get pretty costly, both in terms of time and money. Women's hockey doesn't garner the same kind of attention, scholarships, sponsorships or salaries that men's can. But the game is no less intense.

Feeding a growing athlete isn't easy, but fuelling up before, after and during games is critical.

Agosta's Italian family loves to cook and the athlete recalls baking with her mom, Char, from an early age. According to Char, keeping Agosta in snacks for her 5 a.m. "practise and straight to school" lifestyle was a job in and of itself.

Now, the team has a nutritionist who helps them plan meals, dissects their periodic food logs and gives feedback on blood work.

They wear heart rate monitors for all practices and games and have personal goals to get the best out of their mostly 20 something bodies. But, growing up, it was



Future Olympians need as much help off the ice as they do on it. ISTOCK PHOTOS

all mom's job.

Char says she simply focused on fruits and vegetables and keeping Agosta full. Foods like tangerines during the game and high mineral choices like broccoli and artichoke played a huge role but they were on the roster because Agosta loved them, not because they had a job to do.

Most of the team now says that they eat what they like and are aware of healthy choices but aren't hyper focused on it. On the road, almost all meals are team meals and buffets serve up a hefty

balance of proteins, carbohydrates and lots of fresh vegetables.

There are no special diets or carb avoiders in the group. The athletes know they need a balanced diet to keep them going.

Agosta started playing hockey at age six because she wanted to do everything her brother did. Char says that it wasn't that hard to keep it all moving with a little planning and early meals, which were quite simple. Her key was to always have snacks on hand and to focus on the fun.



Meghan, left, and Char Agosta.
THERESA ALBERT/METRO

Early morning pre-practice meals contained a lot of carbs, like oatmeal, whole grain toast and chocolate milk. Mid-game had tangerines for hydration and quick calories. After practice but before school was a baked good in the car and Agosta remembers eating both at recess and lunch.

Perhaps lending credence to the theory that family meals contribute to a child's success, Agosta's dad, Nino, was big on an Italian family meal at the end of the day.

What comes across loud and clear is Agosta's focus and determination in everything she does from answering simple questions about snacks to playing hockey.

Taking things in stride (even on skates) while staying on track is a fine balance no matter who you are, but getting this far in a sport "designed for boys" takes a special kind of strength that only good food and the support of a good family can provide.

The whole family is grateful for the support of the Thank You Mom program from Proctor and Gamble, which celebrates athletes' mothers through wide-spread campaigns.

3 TIPS

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Stuff the Southwest into kid-friendly sweet potatoes

Kids will love this healthy and colourful dish.

For a little extra flavour, roast the corn along with the peppers. If you like a little heat, serve with hot sauce.

1. Heat oven to 190 C (375 F).

Ingredients

- 4 medium sweet potatoes, about 375 g (12 oz) each
- Vegetable oil
- 250 ml (1 cup) cooked corn kernels (about 2 cobs)
- 250 ml (1 cup) canned black beans, drained and well rinsed
- 125 ml (1/2 cup) diced roasted sweet red pepper
- 3 green onions, sliced
- 15 ml (1 tbsp) ground cumin
- 1 ml (1/4 tsp) each salt and pepper
- 125 ml (1/2 cup) shredded jalapeno havarti, cheddar or mozzarella cheese



This recipe serves four. THE CANADIAN PRESS

2. Scrub sweet potatoes and cut in half lengthwise. Brush cut sides with a little oil. Place, cut side down, on parchment paper-lined shallow baking sheet; bake until tender when pierced with a knife, 35 to 45 minutes. Let cool enough to handle.

3. Scoop out flesh, leaving a 1-cm (1/2-inch) shell.

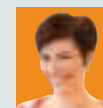
4. In a large bowl, mash scooped-out sweet potato until smooth. Fold in corn, beans, red pepper and green onions. Season with cumin, salt and pepper. Spoon filling

into shells and return to baking sheet.

5. Sprinkle each half with 1 tbsp of the cheese. Bake until heated through and cheese melts, 5 to 10 minutes. **THE CANADIAN PRESS/FOODLAND ONTARIO**

Health Solutions

You say potato, I say potassium



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

At last count there were 36 varieties of potato grown in Canada and many more heritage varieties. All of them boast impressive amounts of potassium and fibre for their approximately 100 calories. The trick is, you have to eat the skin. Think about using potatoes in these creative ways.

• Baked mashed potatoes: Scrub and poke russet or baking potatoes and bake whole for 45 to 60 minutes. Cut in half and scoop flesh to mash with butter, milk and/or cream cheese. They are fluffier and retain more nutrients than peeled and

boiled recipes.

• Grate a whole potato into an oiled skillet and fry for a few minutes. Top with whisked eggs, cinnamon and sliced apples and pop into the oven at 375 F for 20 to 30 minutes to cook through. The dish has more protein and nutrients than pancakes and is just as yummy with maple syrup.

• Stir extra virgin olive oil, garlic and lemon juice into leftover mashed potatoes and serve as a veggie dip.

And don't you believe the rumours about potatoes — they are actually really nice once you get to know them.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Veggie chip, dip, repeat

Ingredients

- 2 each peeled carrots, beets, parsnips and potatoes
- 45 ml (3 tbsp) vegetable oil
- Salt, to taste

Dip

- 250 ml (1 cup) cream cheese, room temperature
- 125 ml (1/2 cup) sour cream
- 15 ml (1 tbsp) lemon juice
- 3 roasted red peppers

- 2 ml (1/2 tsp) grated orange rind
- 1 or 2 cloves garlic, minced
- 30 ml (2 tbsp) chopped chives, plus extra for garnish
- 1 ml (1/4 tsp) ground cumin
- Salt and pepper, to taste
- Chili sauce (optional)

These nutritious Vegetable Chips With Roasted Pepper Cream Dip are easy to make. When completely cooled, they can be stored at room temperature in an airtight container for up to two days. Re-crisp in a warm oven before serving.

1. Using a vegetable slicer, cut carrots, beets, parsnips and potatoes into very thin slices.

2. Keeping beets separate, toss

all vegetables with oil to coat thinly.

3. Line 2 baking sheets with parchment paper; arrange all vegetable slices in single layer on baking sheets. Bake for 15 minutes. Reduce heat to 120 C (250 F); bake for about 45 minutes longer, turning slices at least once, or until crisped and browned. Sprinkle with salt.

4. Dip: In food processor, purée



This recipe makes four to six servings. THE CANADIAN PRESS

cream cheese, sour cream, lemon juice, peppers, orange rind and garlic. Stir in chives, cumin, salt and pepper. Top with a swirl of chili sauce, if using, and more chopped chives. Serve with chips. **THE CANADIAN PRESS/FOODLAND ONTARIO**



Good friends. Good food. Good times.

TEMP2710

MARGARITAS
& Chicken
Fingers

Getting tired on the temping treadmill?

Take a time out to think. First, adapt to the ever-shifting experience, then find a way to progress your career past that phase

MIKE
DJOC
life@metronews.ca

Jumping from job to job and adjusting to new colleagues and work environments on a regular basis can take an emotional toll. Temp nation's population currently sits a little over the two million mark according to Stats Canada's most recent monthly employment numbers, so odds are if you're on the temping treadmill you're not alone.

We tapped Vancouver-

based workplace psychologist Dr. Jennifer Newman's expertise on keeping a healthy mindset, temp networking and breaking the cycle.

Do you think the aging workforce — people who in the past may have worked one job for 20 years — cope differently with the stresses of temping than the emerging workforce?

A lot of people who have had 20 years experience at one job may find it interesting to have variety or they might find it stressful learning new things. On the flip side, a less experienced worker can feel stressed because they are constantly having to learn something new. They're turning into a jack of all trades and a master of none. The other side of that is they are getting a lot of work experience that they wouldn't otherwise have in different industries and in different

offices and gaining new skills that way.

What advice do you have for serial temps who feel they're going nowhere and want to break the cycle?

Make a mini-business plan for yourself as if you were your own company. A lot of times it's a lack of focus and not really sitting back long enough and thinking, "OK what do I actually really want?" Then it's (a matter of) breaking it down. What are the stepping stones? What training would I have to get? What other kinds of job experience through my temp agency can I try to get? Who can I network (with)? The nice thing about meeting different people through a temp agency is if you strike a chord you can network with them. You really are getting a great opportunity to meet a lot of

different people.

Are certain personality types better suited to cycling through a series of interim jobs than others?

There is a thing called a multiculturalist. I've done some research on people who are really good at going into different cultures and adapting quickly. Some people are good at it, some people aren't. The temp position is in a sense requiring you to go into completely different cultures in a serial fashion as you would if you were doing international relations or development. The main qualities they have are adaptability, flexibility, being a quick study and unflappable. If you could cultivate those qualities and see yourself as a multiculturalist going into different cultures, almost an anthropological mindset, it can help.



If you apply yourself there are ways to adapt to the temp treadmill and ways to get off it completely. ISTOCK



If you're thinking of approaching a temp agency, research the agency and find out what types of services it offers. ISTOCK

Got your eye on temp work? Take note of these survival tips

Employment. Having a plan for approaching agencies and knowing what to do on the first day of work can help smooth the way



YOUR
MONEY
Alison Griffiths
money@metronews.ca

Whether you are in IT, hospitality or engineering there's a temp agency recruiting in that

field. Statistics Canada has tracked the increase of temp workers from just over 11 per cent of the workforce in 1997 to 13.6 per cent in 2011.

The numbers can be interpreted as proof of deterioration in employment, or movement to a more flexible workplace. Either way, there's no question that the temp field can offer an entry into the labour market or even an ongoing career.

Shari Angle, vice president with Adecco, Canada's largest temporary recruitment agency, offers some tips on becoming a temp worker:

- Research the agency. Some

offer services that are very specialized.

- Map out what types of jobs you have experience in and what type of work you would be willing to do.
- Map out the specific times and hours per week you are available to work.
- Contact your job references informing them that you are actively seeking employment because they will be called.

To make temp work a little less disorienting, have a checklist of questions to be answered before the first day of work:

- Where do I park?
- Where is the staff entrance?

- What is the dress code?
- How do breaks and lunch work?

Angle also recommends workers ask for a "go-to buddy" for day-to-day questions.

Temp workers are paid by the agency, which will supply the T4 slip for tax purposes. Adecco, for example, pays employees weekly but other agencies may have a different policy.

Some agencies offer benefits to employees on long-term assignments and access to training programs. As with any job, those who are reliable and flexible jump to the head of the list for future employment.



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OPPORTUNITIES & ADVANTAGES OF A POST-SECONDARY DEGREE

Attending lectures from experts in the field, and reading and researching encourages students to think, to ask questions and to explore new ideas. All this adds to a student's development and growth, and provides post-secondary graduates with an edge over those who have only graduated from high school. Post-secondary life also provides one with valuable connections and resources, adding to the number of options available after completing graduation.

The variety of courses and programs can be as specific or generalized as you require.

A post-secondary education is the best possible way to insure higher earning power after graduation. Companies are looking for well-rounded employees who can hold a conversation with confidence, and a post-secondary degree signifies the level of discipline, effort and intelligence of which most employers seek.

The truth of the matter is that there are no disadvantages to graduating with a post-secondary degree program. Along with increasing one's earning potential and promotion potential, the most important improvement occurs with one's self-image. A college education gives you a sense of accomplishment and confidence that may just be what is needed in your professional and personal life.

More than ever, students need to understand that attending a post-secondary institution provides opportunities and advantages that others might find lacking later on in life.

Today, the global economy is becoming

more competitive and, in order to improve the chances for a well-paying job, a post-secondary education is extremely important.

According to many studies, the fastest-growing jobs of the future will require some post-secondary education or training.

Graduates can earn twice as much as high school diploma holders. Many economies are shifting to knowledge-based from manufacturing-based. A post-secondary education serves as a gateway to better options and more opportunities.

ISTOCK/THINKSTOCK



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SHAPE THE LIVES OF A FUTURE GENERATION

WITH FANSHAWE ECE DIPLOMA PROGRAM

Help shape the lives and futures of a younger generation with a career in early childhood education.

The Fanshawe College early childhood education (ECE) diploma program blends theory with hands-on application of theoretical principles delivered through course work and field practicum.

ECE is a diploma program that will provide students with the tools to gain employment in an ECE setting.

Students will develop their knowledge and professional skills in areas such as child development and best practices in early childhood, the early childhood educator's role and responsibilities, the importance of play in children's learning, family involvement, curriculum design and implementation.

Students can take the program through continuing education during the evening/online or through a full-time post-secondary option during the day.



CONTRIBUTED

The program can fit into the student's schedule by providing them the flexibility to either choose one course per semester,

or as many as they feel they can handle.

"Fanshawe College continuing education has given me the opportunity to

pursue my interests in early childhood education while maintaining my other commitments," Shelley Harnack says. "This was really important to me as a busy mother, nana, and business owner."

The ECE fast track is a 10-month diploma program, which includes a field practicum and is great for students who have previously graduated from a human services degree or diploma.

Graduates will have the knowledge and necessary skills to work with children, families and community in the context of early learning and development programs for children from birth to age 12.

Students will be prepared to work in a variety of settings, including childcare centres, early learning and parenting centres, Best Start programs, before- and after-school programs, and with school boards.

And with the provincial government implementing full-day kindergarten by the 2014-15 school year, there will be a need for early childhood educators.

For more information about the ECE diploma program, visit fanshawec.ca/ce, or email ce@fanshawec.ca.

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Situated in Waterloo Region, Conestoga was established in 1967, and is consistently ranked among the best colleges in Ontario for the quality of its programs and services, as well as student, graduate and employer satisfaction.

Conestoga offers a variety of services to support newcomers to Canada, including internationally trained immigrants, and provides language, skills, and academic assessments to help assess individual readiness for programs.

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WHAT YOU DO HERE...COUNTS OUT THERE



SECURE YOUR FINANCIAL FUTURE



ISTOCK/THINKSTOCK

According to a recent survey, many Canadians not only feel they aren't in control of their own finances, but they feel pressured to keep up appearances, despite the financial strain.

To help counter those concerns, Credit Canada Debt Solutions has been a driving force behind Credit Education Week, an annual event now in its seventh year

designed to promote sound financial management.

"Many people feel that they have little control over their debt challenges and that can add a tremendous amount of stress to their lives," says Laurie Campbell, the CEO of Credit Canada Debt Solutions. "What we hope to do with Credit Education Week and through discussing

these survey results is show that people can make a tremendous impact on their personal and financial well-being just by taking action and educating themselves."

Some key results of the survey include:

- More than half (52 per cent) of all Canadians don't feel in control of their own finances.
- Only one in six (17 per cent) feel they

are ahead financially from where they thought they would be at this point of their lives.

- When going out with friends, 44 per cent of Canadians say they feel pressure to spend more than they can afford.
- One-third (32 per cent) of Canadians are not living on a budget.

Other survey findings show that financial challenges can lead to marital strife. More than 30 per cent of respondents have argued with their significant other over spending habits, and one-third believe their partner's spending habits is hurting their financial goals.

Credit Education Week, a nationwide event that runs through to Friday, offers a number of events, speakers, and seminars designed to improve financial awareness and promote fiscal management techniques.

"Communication is key," Campbell says. "Whether you're concerned about your partner's spending or you're already in debt and avoiding doing something about it, talking to someone, getting good advice, and taking action are all keys to securing your financial future."

For more information about Credit Education Week, visit cewc.ca. For more information about Credit Canada Debt Solutions, visit creditcanada.com/.

— Jason Menard



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

INVEST IN THE POTENTIAL OF LONDON

With more than 300 companies employing more than 8,000 people, London has a booming tech sector. To help the industry grow further, the London Economic Development Corporation is encouraging some of the industry's brightest minds in the tricities region to look westward down highway 401 for employment opportunities.

"London offers fantastic opportunities to work with companies with global reach, as well as enjoy a great quality of life," says Kapil Lakhotia, interim general manager, LEDC.

Along with representatives from many London tech companies, LEDC will be attending the Communtech Tech Jobs and Recruitment event in Kitchener Wednesday.

"We want to position London as a desired destination for many in the region who are looking for a fresh start," Lakhotia says. "We're only an hour away from the Kitchener-Waterloo area. We want people to work, live and play in London."

LEDC's londontechjobs.ca portal has more than 100 open positions across the spectrum of the diverse tech sector and the event will be a chance for quality



MAKSIM SHMELJOV/COLOURBOX

face-to-face time for employers and future employees.

"Job seekers are going to have an excellent opportunity to network with potential employers at the LEDC booth," Lakhotia says.

London's tech sector is also being

promoted online with the help of a three-minute long video — This Morning in London, Canada. A Hollywood-like production, the video shows a glimpse into what life is like working at global, innovative companies and living in London coupled with comparative on-screen statistics such

as commute times, cost of living and entertainment.

"A strong tech industry will be an integral part of our city's continued growth for years to come and we're excited to share the potential and promise that London has to offer," Lakhotia says.

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Mustangs Daryl Waud and Matt Van Praet give head coach Greg Marshall a Gatorade shower after their OUA Yates Cup football championship win on Saturday in London. DAVE CHIDLEY/THE CANADIAN PRESS

Mustangs' Marshall: 'We're not done yet'

Go west young men.

Clash with Dinos in Calgary up next after Western's Yates Cup win



DAVE LANGFORD
dave.langford@metronews.ca

Western Mustangs head coach Greg Marshall says it's too early to say this year's football team is the best in the school's long and storied history.

And for good reason.

"I don't want to alienate

Best ever Mustangs?

"As long as we take care of assignments, we know we can accomplish anything with this team."

Mustangs slotback Matt Uren, who was selected as the Yates Cup MVP after recording seven catches for 128 yards and two touchdowns. On Monday, Uren (offence), linebacker Preston Huggins (defence) and kicker Lirim Hajrullahu (special teams) were selected OUA players of the week.

those alumni who might donate a little bit of money," he said, drawing laughs at Saturday's post-game press conference. Earlier in the day, the Mustangs were awarded the 106th Yates Cup following a 51-22 win over Queen's before 5,805 spectators at TD Stadium.

The 10-0 Mustangs now face

the host Calgary Dinos in the Mitchell Bowl, one of two national semifinals on Saturday.

The Laval Rouge et Or and Mount Allison Mounties meet in Sackville, N.B., in the other semifinal. The Vanier Cup goes a week later in Quebec City.

With the win Saturday, Marshall has now won 18 Yates

Cups, three as a player, four as head coach at McMaster, four as head coach at Western and seven as an assistant coach.

"We're not done yet, you know, we're not done yet," Marshall said. "One thing I'm going to impress on the guys is that we have to get to work and take the next step."

And back to that best team ever question: "This team is one of the best teams I've had the pleasure to coach," Marshall said. "But every team is unique. It's hard to compare every team, but I guess we'll find out in the next couple of weeks."

OHL

Knights take two of last three

The London Knights beat the Guelph Storm 6-5 in overtime Thursday and then lost 5-4 in a shootout Friday to the Barrie Colts. The Knights beat the Windsor Spitfires 3-1 on Sunday. **METRO**

NBL Canada

Lightning no longer looking for win No. 1

The London Lightning defeated the Ottawa Skyhawks 98-97 on Saturday for their first win of the NBL Canada season. **METRO**

Tennis

Djokovic defeats Nadal for year-end championship

Defending champion Novak Djokovic beat top-ranked Rafael Nadal 6-3, 6-4 to win the ATP World Tour Finals on Monday, extending his winning streak to 22 matches and claiming the elite season-ending title for the third time.

Djokovic has not lost a match since his defeat to Nadal in the U.S. Open final.

THE ASSOCIATED PRESS



Novak Djokovic THE ASSOCIATED PRESS

NHL

Fighting gets too much attention, Bettman says

Gary Bettman doesn't think such a fuss should be made about fighting in the NHL.

The commissioner said fighting rules will be discussed at Tuesday's GM meeting, but cautioned that it will be only one topic on the agenda.

Bettman says fighting is a "thermostat" in hockey that helps cool things down when players get mad at each other. **THE CANADIAN PRESS**

NHL



"What, do you think he's gonna coach our team tomorrow? That's embarrassing."

Canadiens forward Max Pacioretty on new Montreal mayor Denis Coderre, who drew the ire of some Habs when he tweeted, "Hello? Can we get a one-way ticket to (minor-league) Hamilton for David Desharnais please." during Sunday's 4-2 win over the New York Islanders. The team was pushing back at Coderre on Monday with Pacioretty, a longtime linemate of the struggling Desharnais, particularly fuming.

NHL. Stamkos breaks leg in Bolts' loss

Tampa Bay Lightning forward Steven Stamkos is out indefinitely after suffering a broken right leg during Monday's 3-0 loss to Boston.

Lightning GM Steve Yzerman says his star centre will undergo surgery Tuesday morning to repair the injury.

"The biggest concern for me, and the rest of the Lightning, is that decisions are made in Steven's best long-term interest, and we feel this is the appropriate course of action," Yzerman said in a release.

It's bad news for the Lightning and for Canada's

Olympic team. Stamkos was considered a lock to represent Canada at the 2014 Sochi Games but the injury puts his status in doubt.

"Obviously he's a big part of our team," Lightning veteran Marty St. Louis said.

The team's leading scorer and one of the top players in the league, Stamkos was backchecking on a play late in the second period Monday when he got tied up with Boston defenceman Dougie Hamilton. The pair went into the net, Stamkos's leg smashing hard against the post.

THE ASSOCIATED PRESS



Lightning centre Steven Stamkos leaves the ice on a stretcher on Monday in Boston. THE ASSOCIATED PRESS



Brendan Shanahan is greeted by Gary Roberts during the 2013 Hockey Hall of Fame Legends Classic game in Toronto on Sunday.

BRUCE BENNETT/GETTY IMAGES

Shanahan targets next generation on checklist

NHL. After amassing 2,000 penalty minutes, Hall of Fame player plans on impacting the game in his role as VP of player safety

It's a ritual of Hockey Hall of Fame induction weekend for members of the selection committee to read the plaques of incoming members.

As chairman Pat Quinn read Brendan Shanahan's on Friday, he paused to go off script.

"The only player in NHL history to record 600 goals and 2,000 penalty minutes," Quinn read aloud before ad-libbing. "You can imagine him giving out the fines and the suspensions today."

That was worth a laugh, just like when fellow class of 2013 inductee Chris Chelios joked during Saturday's fan

forum that "Shanny's getting too involved" in league discipline. That's now Shanahan's job as the NHL's vice-president of player safety.

Playing on the edge during his 21 seasons, Shanahan put up 656 goals and 698 assists, numbers that made him worthy of induction Monday night along with defencemen Chelios and Scott Niedermayer, late coach Fred Shero and Canadian women's team defenceman Geraldine Heaney.

But commissioner Gary Bettman believes Shanahan's legacy will ultimately be defined by what he does in an office more than what he did on the ice.

"I think his contributions to the game, based on what he's doing now, will even exceed what he did in the 21 years that he played," Bettman said Monday. "He's making a real mark on how the game is played, making it safer for current players and generations to come."

Shanahan began working for the NHL as vice-president of hockey and business development in late 2009. In June 2011, he succeeded Colin Campbell as the league's disciplinarian.

Jokes about an NHL "wheel of justice" stemming from some questionable punishments were drastically reduced when Shanahan took over and started doing videos explaining suspensions. The transparency was welcomed by players and coaches, even if not everyone always agreed on the rationale for some so-called "Shana-bans."

Shanahan has taken his new role very seriously.

"The next generation of players is going to have grown up with a thorough understanding and foundation of these thoughts about how to play the game safely, responsibly," Shanahan told the Pittsburgh Tribune-Review. "There will be a new standard."

THE CANADIAN PRESS

Playing on the edge

Brendan Shanahan knows the standard has changed since he played. He once was involved in a stick-swinging incident with Bob Boughner and spoke to him after the game to "get our stories straight, to keep each other from getting suspended."

- "Years later I think I admitted to Colin Campbell," Shanahan said. "That would've been leading off the news that night. I wouldn't have been able to escape that one from Colin."
- Shanahan also once clothes-lined Patrick Roy as part of a brawl between the Detroit Red Wings and Colorado Avalanche and pumelled Michal Sykora of the San Jose Sharks.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	17	12	5	0	54	42	24
Boston	17	11	5	1	48	30	23
Toronto	17	11	6	0	51	40	22
Detroit	18	9	5	4	45	48	22
Montreal	18	9	8	1	48	40	19
Ottawa	17	7	6	4	53	51	18
Florida	18	3	11	4	37	64	10
Buffalo	19	3	15	1	33	61	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	18	9	8	1	57	52	19
NY Rangers	17	9	8	0	39	46	18
Carolina	17	6	7	4	32	48	16
New Jersey	17	5	7	5	35	44	15
NY Islanders	18	6	9	3	51	60	15
Columbus	16	6	10	0	41	46	12
Philadelphia	16	5	10	1	26	44	11

Monday's result

Boston 3 Tampa Bay 0

Sunday's results

Montreal 4 NY Islanders 2

New Jersey 5 Nashville 0

NY Rangers 4 Florida 3

Chicago 5 Edmonton 4

Colorado 4 Washington 1

Winnipeg 5 San Jose 4 (SO)

Anaheim 3 Vancouver 1

Tuesday's games

All Times Eastern

Los Angeles at Buffalo, 7 p.m.

Colorado at Carolina, 7 p.m.

Nashville at NY Islanders, 7 p.m.

Columbus at Washington, 7 p.m.

New Jersey at NY Rangers, 7 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(Two games, total goals)

Sunday's result

Real Salt Lake 4 Portland 2

Saturday's result

Kansas City 0 Houston 0

Saturday, November 23 — All Times Eastern

Houston at Kansas City, 7:30 p.m.

Sunday, November 24

Real Salt Lake at Portland, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	16	14	2	0	54	28	28
Chicago	18	12	2	4	66	49	28
St. Louis	15	11	2	2	52	34	24
Minnesota	18	10	4	4	48	40	24
Nashville	17	8	7	2	37	54	18
Dallas	17	8	7	2	46	52	18
Winnipeg	19	8	9	2	50	55	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	19	15	3	1	66	45	31
Phoenix	18	12	4	2	60	56	26
San Jose	17	10	2	5	63	41	25
Vancouver	20	11	7	2	54	54	24
Los Angeles	17	11	6	0	50	41	22
Calgary	17	6	9	2	47	61	14
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Winnipeg at Detroit, 7:30 p.m.

Anaheim at Florida, 7:30 p.m.

Philadelphia at Ottawa, 7:30 p.m.

Tampa Bay at Montreal, 7:30 p.m.

Phoenix at St. Louis, 8 p.m.

San Jose at Calgary, 9 p.m.

Wednesday's games

Toronto at Minnesota, 7:30 p.m.

Philadelphia at Pittsburgh, 8 p.m.

Dallas at Edmonton, 10 p.m.

Thursday's games

Los Angeles at NY Islanders, 7 p.m.

Columbus at Boston, 7 p.m.

Anaheim at Tampa Bay, 7:30 p.m.

Phoenix at Chicago, 8 p.m.

Colorado at St. Louis, 8 p.m.

Dallas at Calgary, 9 p.m.

San Jose at Vancouver, 10 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results

Hamilton 19 Montreal 16

Saskatchewan 29 B.C. 25

DIVISION FINALS

Sunday, Nov. 17 — All Times Eastern

Hamilton vs. Toronto, 1 p.m.

Saskatchewan vs. Calgary, 4:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	7	0	1.000	—
Philadelphia	4	3	.571	3
Miami	4	3	.571	3
Charlotte	3	3	.500	3 1/2
Atlanta	3	3	.500	3 1/2
Toronto	3	4	.429	4
Boston	3	4	.429	4
Orlando	3	4	.429	4
Cleveland	3	4	.429	4
Detroit	2	3	.400	4
Chicago	2	3	.400	4
Milwaukee	2	3	.400	4
Washington	2	4	.333	4 1/2
New York	2	4	.333	4 1/2
Brooklyn	2	4	.333	4 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	6	1	.857	—
Oklahoma City	5	1	.833	1/2
Phoenix	5	2	.714	1
Minnesota	5	2	.714	1
Portland	4	2	.667	1 1/2
L.A. Clippers	4	3	.571	2
Golden State	4	3	.571	2
Houston	4	3	.571	2
Dallas	4	3	.571	2
Memphis	3	3	.500	2 1/2
New Orleans	3	4	.429	3
L.A. Lakers	3	5	.375	3 1/2
Denver	1	4	.200	4
Sacramento	1	5	.167	4 1/2
Utah	0	7	.000	6

x - clinched playoff berth; y - division; z - conference.

Monday's results

San Antonio at Philadelphia

Memphis at Indiana

Atlanta at Charlotte

Orlando at Boston

Toronto at Houston

Cleveland at Chicago

Denver at Utah

Detroit at Portland

Minnesota at L.A. Clippers

Sunday's results

San Antonio 120 New York 89

Oklahoma City 106 Washington 105

Phoenix 101 New Orleans 94

Minnesota 113 L.A. Lakers 90

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Horoscopes

Aries

March 21 - April 20

Some people never stop moaning and you will give them something to moan about! Misery loves company but you have no intention of joining them in their pathetic "woe is us" mind-set.

Taurus

April 21 - May 21

You may have to burn the candle at both ends to make up for falling behind in your schedule but it will be worth it. Just remember that after you have reached your goal you should take it easy.

Gemini

May 22 - June 21

What you hear about today will tell you all you need to know about someone's motive. Whether you consider it "good" or "bad" is not important. What matters is that you can work together.

Cancer

June 22 - July 23

Jupiter in your sign is linked with the Sun in Scorpio today, so what you choose to do with your time will not only be successful but a lot of fun. Try not to overdo it but, if you do, the hangover will be worth it.

Leo

July 24 - Aug. 23

If you have done something you are proud of, shout about it. The more you make a show of your talents now, the more opportunities will come your way later.

Virgo

Aug. 24 - Sept. 23

Use your mind today. You won't need to force others to do your bidding as long as you ask nicely, and show them how they can benefit too.

Libra

Sept. 24 - Oct. 23

This may be a time of big changes in your affairs but that does not mean you can afford to be reckless. The planets warn if you go over the top today, it could cost you.

Scorpio

Oct. 24 - Nov. 22

Some of the goals you have set may seem optimistic but you have faith in your abilities. Can you move mountains? Well, most mountains, if they see you bearing down on them, will get out of the way.

Sagittarius

Nov. 23 - Dec. 21

Stick to the facts and don't let wishful thinking turn your head. You need to be realistic about what you are doing and what your prospects are for success. They're excellent, but you still need to plan carefully.

Capricorn

Dec. 22 - Jan. 20

Don't make an issue of it if someone disagrees with your opinions today. There is no reason why you should take it personally and if you do, it will put you at a disadvantage.

Aquarius

Jan. 21 - Feb. 19

You are in one of those moods when you either take things too seriously or you take nothing seriously at all. Either way, you will upset people, but that's OK. It's part of your role in life to stir things up.

Pisces

Feb. 20 - March 20

The Sun and Jupiter combine across the two most dynamic areas of your chart today, making this the ideal time to get started on a project you've been planning. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Uncertain
5. Maples
10. Assemble the dried clothes
14. Extra
15. Biathlon gear
16. Biblical twin
17. Klondike Gold Rush participant
19. Tears
20. Speaks, slang-style
21. Tori of tunes
22. Author Mr. Hemingway
24. Currency across the Atlantic
26. Buenos __, Argentina
27. __ Party of Canada
33. Mr. Fudd of 'Bugs Bunny' fame
34. Wipe the __ clean
35. Type of dog
38. Curved musical line
39. Unyielding
40. Sickness relief
41. Small amount
42. Started
43. __ Wrap (Kitchen roll)
44. It's been moving northwestwardly from the Canadian Arctic in the direction of Russia, North __
46. Eyewear, colloquially
49. Sir Coward of plays
50. Wish for: 2 wds.



52. '60s band, The __ Brummels
54. Curve
57. Wine-producing region in Italy
58. Sketch comedy show gig: 2 wds.
61. Keyboard key
62. The Beatles generated lots of it!

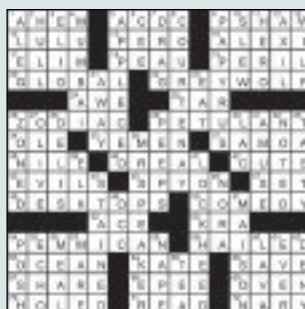
63. Pre-stereo
 64. Boat's stability provider
 65. Fatty, in cooking
 66. Ship's figurehead site
- Down**
1. Pixies
 2. Golfer's "Look out!"

3. Permafrost, as some might call it: 2 wds.
4. Positive response
5. Ground shaker
6. Puerto __
7. Tiny amphibians
8. "Shine a Little Love" gr.
9. Parched

10. Mountain city in southeastern BC
11. Wickerwork material
12. __ of judgment
13. Does some housework
18. Potato gadget
23. Electronica music dance party

25. Selfish sort
27. " __ la vie!"
28. Stewpot
29. Signal for peace
30. Pond buildup
31. Corrupt
32. " __ be my pleasure."
35. Canadian shipping company
36. The __ Mountains (Range in Russia)
37. Singing cowboy
- Mr. Autry
39. Li'l rule
40. Superhero's outfit part
42. Rope fibre
43. Sprinkle the Comet, proceed to what?
44. Concordia's rival in Montreal
45. Sort of: 3 wds.
46. Looseness
47. Mail, in Montreal
48. Between: French
51. Electrical resistance units
52. Scourge
53. Modify
55. Montreal-born singer, Ginette __
56. Brag about
59. __ de Cologne
60. Rapsallion

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

3	2	8	9	8	1	7	4	5
4	9	1	6	5	7	2	8	3
5	8	7	3	2	4	1	6	9
1	5	3	2	4	9	6	7	8
9	7	2	8	3	6	5	1	4
6	4	8	1	7	5	9	3	2
2	1	4	7	9	8	3	6	5
7	3	5	4	6	2	8	9	1
8	6	9	5	1	3	4	2	7

		2		3	8			
		8	7			9		
			4				6	2
		9	6			3		5
	6						4	
8		1			4	6		
3	1				5			
		5			1	7		
			2	9		1		

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Flurries

Wednesday

Sunny

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